

SO-CALLED OLIVE OILS ARE FALSELY LABELED

Department of Agriculture Warns Housewives to Read Labels Carefully—Seizures and Prosecutions Instituted to Put Stop to Deception.

WASHINGTON, March 12.—Several seizures have been made and a number of prosecutions instituted as a result of a campaign inaugurated by the officials charged with the enforcement of the Federal food and drugs act against the interstate shipment of adulterated and misbranded olive oil. Consumers are advised by the Bureau of Chemistry, United States Department of Agriculture, to read carefully the labels of all containers offered to them as containing olive oil to determine whether the manufacturer actually claims that the product is olive oil or merely suggests it by misleading devices. Some of these deceptively labeled products are sold by itinerant peddlers.

Corned oil, corn oil, peanut oil, olive oil and other vegetable oils are wholesome, palatable oils, but they should be bought under their own names at prices much lower than the prices at which olive oil is usually sold.

Owing to the scarcity and high price of olive oil a number of dealers have been putting on the market olive oil and other vegetable oils labeled as olive oil. As the result of a large number of seizures of these products and prosecutions pending against the responsible parties, the practice has been generally discontinued. Some

Science of Eating Value of All Foods

BY BRUCE BELDEN, M. D.

The nutritive value of all foods nowadays is computed in calories, so we ought to have a clear idea of just what calories are.

A food may be very heavy and yet have but little nutritive value, so it can readily be understood that we cannot estimate food values according to bulk or weight.

Aside from water and salts, each substance taken into the body for nutritive purposes belongs to one of three great groups—the proteins, consisting of lean meat, fish, eggs, cheese, milk, peas and beans; the carbohydrates, consisting of sugars, starches, vegetables, cereals, cereals, and fats, consisting of butter, lard, cream, suet and vegetable and nut oils.

It may be stated in a general way that the carbohydrates and proteins contain about four calories of food value to each gram of weight (a gram is about a quarter of a small teaspoonful), while the fats contain about nine calories to each gram of weight.

It is possible to measure by means of an apparatus called the calorimeter the amount of heat given off when a given quantity of food substance undergoes combustion. This "heat combustion" is taken as a measure of the substance's energy or nutritive value. A unit has been fixed called the calorie, which means the amount of heat which would raise the temperature of one pound of water four degrees Fahrenheit.

An average man or woman requires not less than 2,500 calories of food value daily.

Food portions are ordinarily served a portion usually corresponds to about 100 calories; examples of such portions are a lamb chop, an egg, a small slice of baked beans, an ounce of cheese, a slice of sweet corn, a large baked potato, a thick slice of bread, one breaded wheat biscuit, an ounce of sponge cake, one-third of an ordinary piece of pie, three teaspoonsful of sugar, a dozen peanuts, eight pecans, four prunes, two apples, one banana, half a cantaloupe, seven olives, one large orange, an ordinary pat of butter, a quarter of a glass of cream, a small glass of milk.

A very large, powerful person, working hard, might need as much as 4,500 calories a day.

WEDDINGS AND ENGAGEMENTS

LYNCHBURG, VA., March 12.—Lacy Pentecost and Miss Minnie E. Carrelle, both of Lynchburg, were married Saturday evening at the home of George King.

BRISTOL, VA., March 12.—Miss Mary Kirkpatrick and Mr. Graham Vance were married here. Mr. Vance is a son of Mr. G. F. Vance, while the bride is the daughter of Mrs. G. E. Taylor, of this city.

LYNCHBURG, VA., March 12.—Lettie E. Burns and Miss Madeline Childers, both of Lynchburg, were married Saturday at the home of the officiating minister, Rev. F. P. Arthur.

LYNCHBURG, VA., March 12.—S. N. Allen and Miss Ollie May Morgan, both of Lynchburg, were married Thursday at the home of Rev. F. P. Arthur, who performed the ceremony.

A Sad Awakening.
"Did you try the simple plan of counting sheep for your insomnia?"
"Yes, doctor, but I made a mess of it. I counted five thousand sheep and drove them to market when I'd got through counting the wad of money I received for them at present prices it was time to get up."

Today's Appetizing Menu

Breakfast. Cereal, Stewed Fruit, Coffee, Muffins, Codfish Balls.

Luncheon. Dried Beans, Whole Wheat Bread, Carrot Jam, Canned Cherries, Pineapple Slices, Broiled Fish, Boiled Beets, Vanilla Cookies, Coffee.

for fine watches

—J. T. Allen's

—The store which is headquarters for railroad men, —where you find only the best American Watches (no Swiss), —where you get the very best Watch for the money, and we can prove it.

J. T. ALLEN & CO.

In the Low Rent Section, 14th and Main Streets, RICHMOND, VA.

At the Movies

Odeon—Constance Talmadge in "Who Cares?"
New—Healee Harriscale in "The Long Love's Turning."
Colonial—Pauline Frederick in "The Woman on the Index."
Gala—Billie Burke in "Good Girls—Annabelle."
Bijou—Allen Holubar and Dorothy Phillips in "The Heart of Humanity."
Victor—Norma Talmadge in "The Prohibition Wife."
Bluebird—Harry Morey in "Hoarded Assets."
Rex—Variety.

AMUSEMENTS

Revival of Minstrelsy.
That negro minstrelsy as an enlivening form of entertainment still survives in effectively demonstrated by the Johnson Brothers and Johnson, a trio of blackface artists, who will bid for laughter and applause on the week-end bill at the Lyman. The routine of the bones, the tambourine and the shuffling of the jigstep—happy memories of the late J. P. Haverley and his "famous forty"—are revived in the "genuine minstrel show" the Johnsons are putting on. A Few Moments in Minstrelsy, they have programmed their act. James Devlin and Partner, as the team is billed, promise a lively talking sketch, entitled "Some Girl." Leonard and Willard, a droll comedy couple, will supply amusing songs and character sketches. The Lyman, 1010 N. Main, will play the Italian dancers, offer a series of terpsichorean numbers in which they display their originality and cleverness, and the Four Ortons, on the high wire, will be seen in a dangerous and difficult exhibition of midair acrobatics and ground and lofty tumbling. New "movies" accompany the vaudeville bill, as usual.

"Turn to the Right" Next Week.
Theater patrons who have deplored the custom of sending out duplicate bills at the Lyman, 1010 N. Main, will find current popularity on tour should find unusual satisfaction in the re- turn of the Lyman. "Turn to the Right" at the Academy Monday, Tuesday and Wednesday and Wednesday matinee, because the producers, Win- chell Smith and John L. Golden, are sending the original company that appeared for a solid year at the Gaiety Theater, New York. Had a visitor to the Gaiety stage placed a secret mark- ing on any of the scenery used for the elaborate peach orchard or other settings the night the play began its phenomenal Broadway run, he would find it on the equipment to be em- ployed at the local playhouse.

The experiment of Messrs. Smith and Golden in holding the Broadway pro- duction intact for a road tour is being watched by other producers with considerable interest. It has always been a matter of dispute as to whether dwellers in the smaller cities are as quick to give their support and praise to really worth-while offerings as they are to condemn the "No. 2" companies. The producers of "Turn to the Right" duplicate companies last season to reap the harvest that unquestionably awaited the greatest comedy hit of the year in all parts of the country, believing that the public would find longer and seeing the original com- pany. The Broadway cast, to be seen here, is headed by Ruth Chester, De Witt Newing, Edgar Nelson, Jason Roberts, Mike Donlin and other favorites who have contributed to the nationwide success of "the comedy that will live forever." Seat sale today.

Mary's "Follower."
Teacher: "Jane, can you tell me who succeeded Edward the Sixth?" Jane: "Mary." Teacher: "Now, Lucy, who followed Mary?" Lucy, absent-minded- ly: "Her little lamb!"

The Task.
Clergyman's Wife—You have spent nearly the whole of the week in your study. What is the matter?
Clergyman—Several members of the congregation complain that my ser- mons are too long, and I've been try- ing to write a short one.

I am afraid you have been a little morbid and self-conscious about this young man. I should certainly write him a nice friendly letter, saying you are glad he is back here, and you hope he will come to see you.

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MASTER OF HIS FATE

What Your Child Should Be

BY DR. WILLIAM A. McKEEVER.
I have just been watching the young mother of a nine-months-old baby teaching the little one to lead a "per- fect" life. It is "too dirty and too cold for baby to get down on the floor," so he must stay propped up in his high- chair and keep clean and well and en- tertain himself with a perfectly clean spoon. But such an arrangement is too narrow, too cramped and contains practically nothing of an educational value.

No matter how young your child, be assured that he could be all the time acquiring the little forms of thought and action which enter into his own task of self-government. One does not naturally know how to direct himself. He must learn, and that partly by making mistakes.

Among other forms of mistreatment of the first-born child is that of too much directing and too much sup- pressing. The little one is not given sufficient opportunity for initiative and self-expression, and instead of being permitted to work out his independence and to use freely the means of self- control his responses are all mapped out for him. His life thus becomes serene and dependent at a time when it should be filled with rough and tumble, storm and turmoil.

Mother, take that big nine-months- old boy down from his prison chair, put a pair of coarse loose jumpers—over- alls—on him and start him forward on a natural journey of delightful ex- ploration of the things of life as they are. What have you in the woodbox? Under the bed? On the dining table? In the sewing-machine drawer? In the cupboard? Do you suppose you could tell your child about these things in

a lifetime? No. He must go and learn for himself. Once every day your house should look like it had been visited by a set of burglars looking everywhere for your hidden valuables; that is, after your baby boy has com- pleted his rounds.

If your child is to learn self-gov- ernment and finally acquire a mastery to his own fate, such as will in time make your aging heart beat with pride, you must begin now to give him the fullest possible expression of his im- pulses and his initiative. There is no time to be lost. Turn the boy loose. Let him lead. You follow.

God gave him the instinct to get into things and thus become master in his own little sphere. Stand back, shield- ing him only from serious physical harm and correcting him only that he may learn the faster to benefit by his trials.

There are 10,000 little acts which your child must undertake during the next few years and thus school him- self to the point of self-mastery and self-government. You restrain him at your peril and his. Stand aside, I say, and do not block the path which a heavenly destiny has marked for him.

MARRIAGE LICENSES

Frank I. Kerby (20), Richmond.
Eddie L. Nichols (17), Richmond.
Max Meyerowitz (25), New York City.
May Padve (22), Baltimore.
Frank Graveley (25), Richmond.
Dora Fatten (25), Middleboro, Ky.
William E. Anderson (60), Chesterfield County.
Fannie Simpson (45), Richmond.

Raising the Circulation.

The editor of an American paper published in a small Western town caused a great sensation by stating that he had been kissed by one of the most beautiful married women in the town, and he added that he would give the lady's name in the next

week's issue. As a consequence the entire issue—an especially large one—was sold out immediately after pub- lication. But it turned out to be merely a smart advertising ruse, for the name of the lady was that of the editor's wife.



Jonas
\$12.50
Hats

FOR EVERY FACE A SUITABLE HAT

"The Paris Shop of Richmond"

115 East Broad Street

Your Credit Is Good at Jones Bros.

The New Spring Styles Bloch Go Carts

Ask to see these, the most comfortable and stylish baby vehicles made—all styles and finishes, from \$10 to \$60.

Jones Bros. & Co.

In the Low Rent Location, 1418-20 E. Main Street.

Montague Mfg. Co.,
Fourth and Main Sts., Richmond, Va.
CUMMER-ROUGH AND DRESSED.

Jewish Relief Campaign to Be Non-Sectarian

"Anybody's Suffering Anywhere Is Everybody's Business Everywhere!"

Has anybody read the war cas- ualty lists in the daily papers with- out feeling that the cause of America is the cause of humanity?

Shoulder to shoulder Americans of every race and creed have fought the great fight for world freedom. We who have remained at home cannot do otherwise than follow the example of our soldiers and sailors on the battle front.

Jews have answered to charit- able calls of all kinds in the five thousand years of their history. In all these years the Jews have never before made a general appeal to their Christian brethren for help,

but the present crisis is too great; the emergency is too urgent for them to cope with alone.

Three-fourths of the world population of Jews had their homes in those countries where the fighting has been fierce and constant for the full four years of the war.

F. C. Walcott, in "The Prussian System," says: "Day and night the picture is before my eyes—a people starving, a nation dying!"

They must be saved, and it is for us in America to do the saving.

In North Carolina, where a State-wide campaign was held, the quota for the State was set at \$100,000. There are fewer than 4,000 Jews in North Caro- lina. The full amount was subscribed the first day, and \$150,000 was raised by the end of the campaign. It is clear what magnificent help was given by the Christians of North Carolina.

One of the finest things to come out of the war is the passing of sectarian prejudice to be replaced by a spirit of broad human sympathy. From a war which was fought in behalf of weak and oppressed nationalities the popular mind has drawn this logical conclusion:

"The Suffering of Anybody Anywhere Is Everybody's Business Everywhere"

Richmond's quota in the campaign for Jewish war relief is only \$60,000.00.

RICHMOND BRANCH

American Jewish Relief Committee